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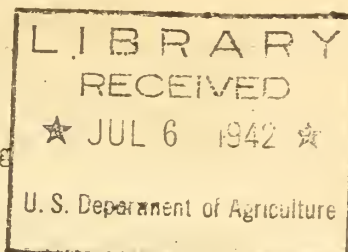
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ACE-165

INFORMATION SHEET ON DEHYDRATED CABBAGE

The Dehydration Committee
Bureau of Agricultural Chemistry and Engineering
U. S. Department of Agriculture



FORM:

Cabbage is generally dehydrated in the form of "shreds" made by cutting the cored heads crosswise in strips about 1/4 inch wide using a kraut cutter with the knives adjusted to give such a width of cut.

The dehydrated product should be made under modern sanitary conditions, in accordance with best commercial practice and Federal and State Pure Food Laws and Regulations.

VARIETIES:

For a full green product the Savoy variety is one of the best. Danish, Domestic and Pointed Head varieties are satisfactory. These varieties may turn yellow upon drying unless especial care is taken during blanching and drying. In general, they require less blanching and lower drying temperature than the Savoy variety. The Kraut varieties are not considered suitable for dehydration.

PREPARATION:

Only clean sound cabbage of good cooking quality should be used for dehydration. Outer leaves that are wilted or blighted by insects should be removed. Trimmers have a tendency to remove excessive amounts of the outer leaves. This not only increases trimming loss, but also reduces the vitamin C content of the product because the outer leaves are much richer in vitamin C than the inner. After the outer leaves have been removed the head is cored. In some cabbages the core does not run perpendicular and it is extremely difficult in such cases to obtain complete coring.

The cabbage is next coarsely shredded into pieces not less than 1/8" or more than 1/4" wide. Fine shredding causes the vegetable to collapse during blanching. If dried in this condition, the material will stick to the tray and drying time will be increased.

TRIMMING LOSS:

Waste will run from 15 to 37%.

BLANCHING:

Since cut cabbage leaves rapidly lose their ascorbic acid (vitamin C) content, it is most desirable that the material be blanched immediately after cutting. If for any reason this cannot be done, the cut leaves must be kept moist with a 1 per cent salt solution. Under no conditions should the cut material be held more than one hour between cutting and blanching.

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Blanching is best done in flowing steam at a temperature of not less than 190° F. From two to four minutes are generally required to produce a translucent appearance in the ribs. This change can be taken as indicating the completion of a satisfactory blanch. Improper blanching may cause a yellowing of the leaves during drying.

The blanched leaves should be placed in the dryer immediately after blanching, and under no conditions should the blanched material be held more than two hours prior to the beginning of the dehydration.

TRAYING:

The material can be spread on the drying surface at the rate of about one pound per square foot. There is a tendency to overload the trays and this results in slower drying time, and a consequent lower daily production.

DRYING TEMPERATURES:

The finishing temperature should not exceed 165° F.; for non-green varieties the temperature should not exceed 155° F.

MOISTURE CONTENT:

The moisture content of the finished product must not exceed 4% when packed ready for shipment.

YIELD:

The yield will be from 4 to 7% based on the fresh unprepared product.

Detailed specifications covering purchases are issued by the Office of the Quartermaster General of the U. S. Army and by the Agricultural Marketing Administration of Washington, D. C.

If further detailed information is desired, inquiries should be addressed to

The Dehydration Committee,
Bureau of Agricultural Chemistry and Engineering
U. S. Department of Agriculture
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or to

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